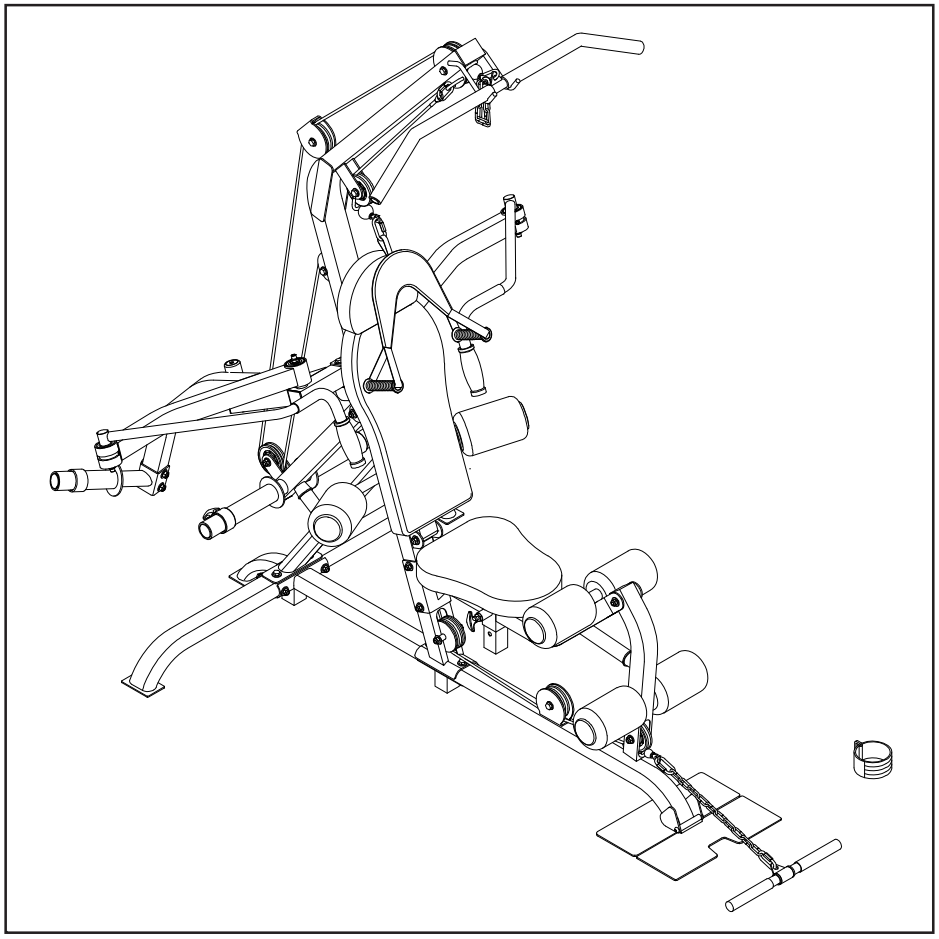
VIPER® VG1500™
Leverage System

Owner's Manual



⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.
When calling for parts or service, please specify the following number.

50-3000
STAMINA PRODUCTS
MADE IN CHINA

Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 300 lbs.

This Product is Produced Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service Number
1 (800) 375-7520
www.staminaproducts.com

2007, 10

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the VIPER® VG1500™ Leverage System.

1. Read all warnings posted on the **VG1500™ Leverage System.**
2. Read this Owner's Manual and follow it carefully before using the **VG1500™ Leverage System.** Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children and pets away from the **VG1500™ Leverage System.** Do not allow children to use or play on the **VG1500™ Leverage System.**
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **VG1500™ Leverage System** on a solid level surface. Do not position the **VG1500™ Leverage System** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **VG1500™ Leverage System.**
8. Prior to each use, check the condition of the cables. Replace the cables if the coatings are cracked or broken.
9. Prior to each use, verify that the cables are properly installed on the pulleys.
10. Inspect the **VG1500™ Leverage System** for worn or loose components prior to use. Make sure that all bolts and nuts are tight.
11. Consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **VG1500™ Leverage System.**
15. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
16. Care should be taken in mounting or dismounting the **VG1500™ Leverage System.**
17. The **VG1500™ Leverage System** should not be used by persons weighing over 300 pounds.
18. The **VG1500™ Leverage System** should be used by only one person at a time.
19. The **VG1500™ Leverage System** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST

STAMINA® PRODUCTS, INC.

Customer Service Number

1(800) 375-7520

THANK YOU FOR PURCHASING THE VIPER® VG1500™ Leverage System

Your VIPER® VG1500™ Leverage System does require assembly. Please follow the assembly steps set forth in this manual. Within a short time you will be getting your body into shape and on your way to a achieving a healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M. Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

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parts@staminaproducts.com
cust-srvc@staminaproducts.com
www.staminaproducts.com

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **VG1500™ Leverage System.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **VG1500™ Leverage System** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

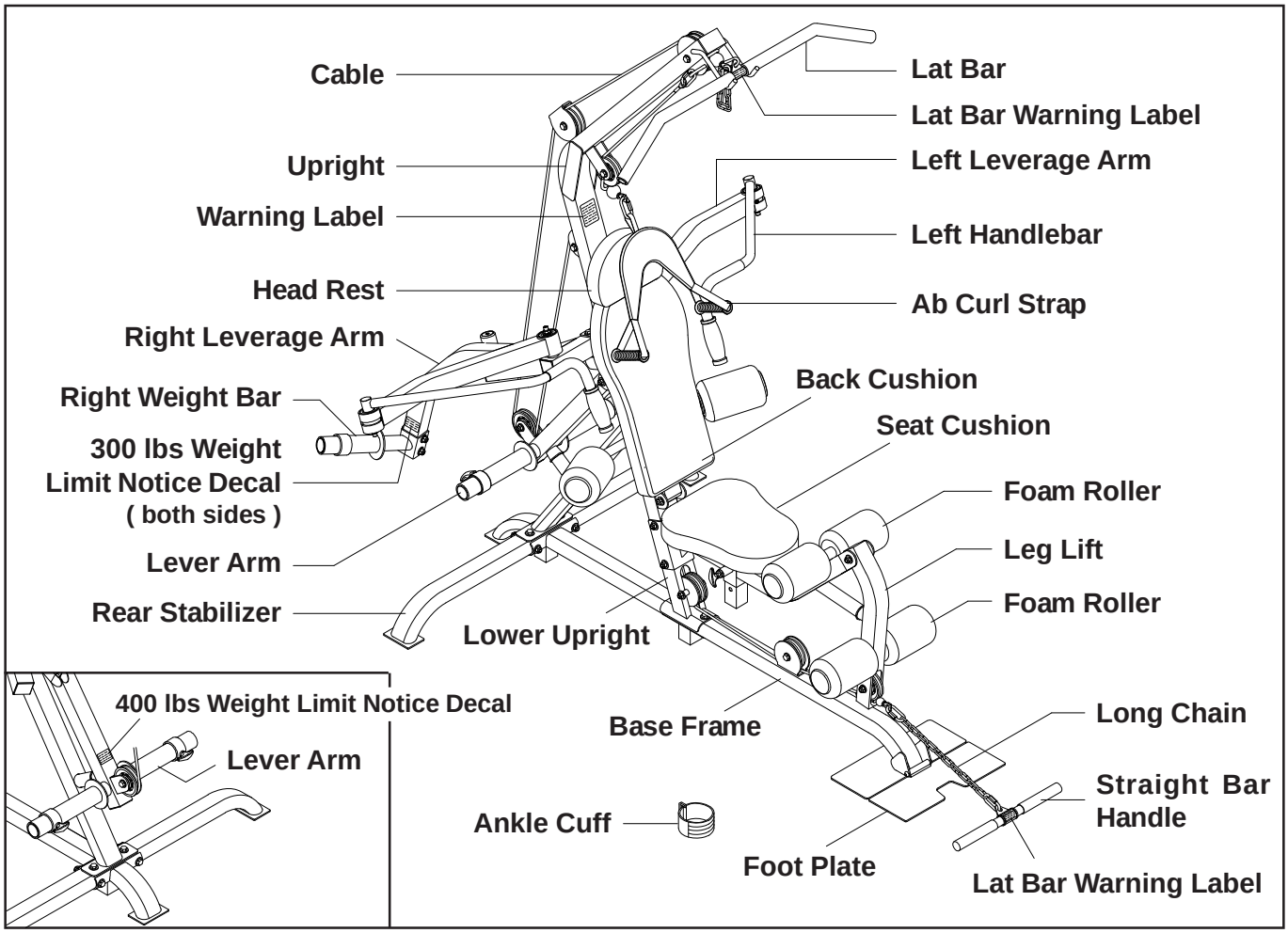
Read this manual carefully before using the **VG1500™ Leverage System.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **VG1500™ Leverage System,** please do not return the product. Contact us FIRST!

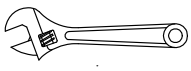
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

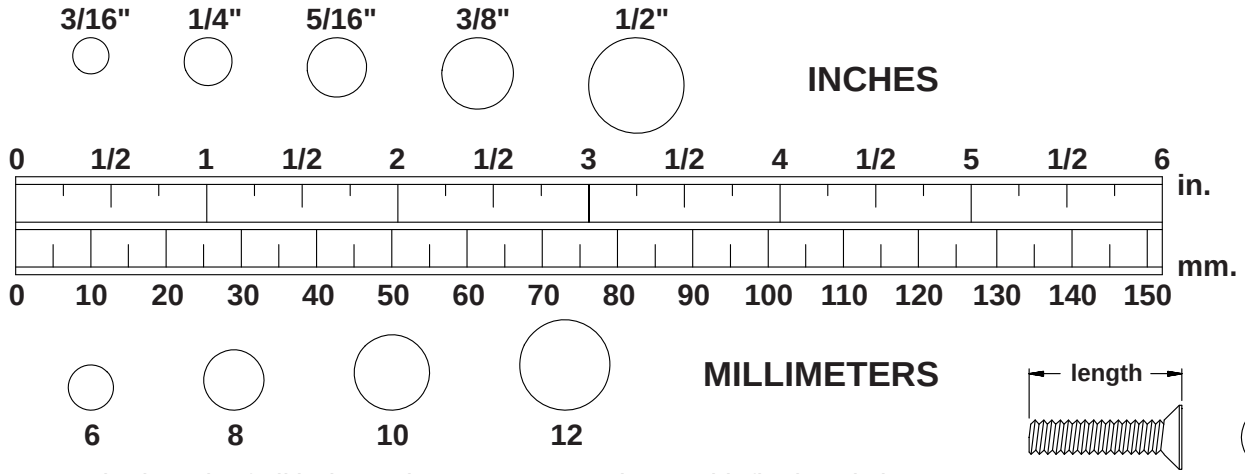


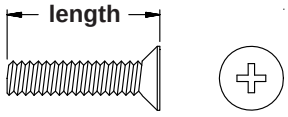
Adjustable Wrench (two required, not included)

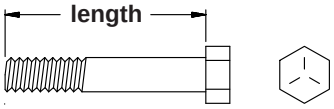
Allen Wrench (4mm) (two pieces included)

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

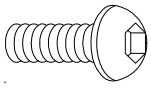
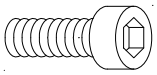
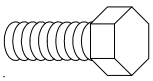
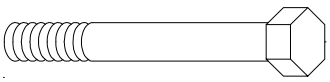
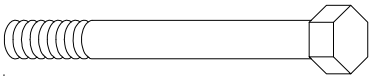
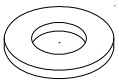






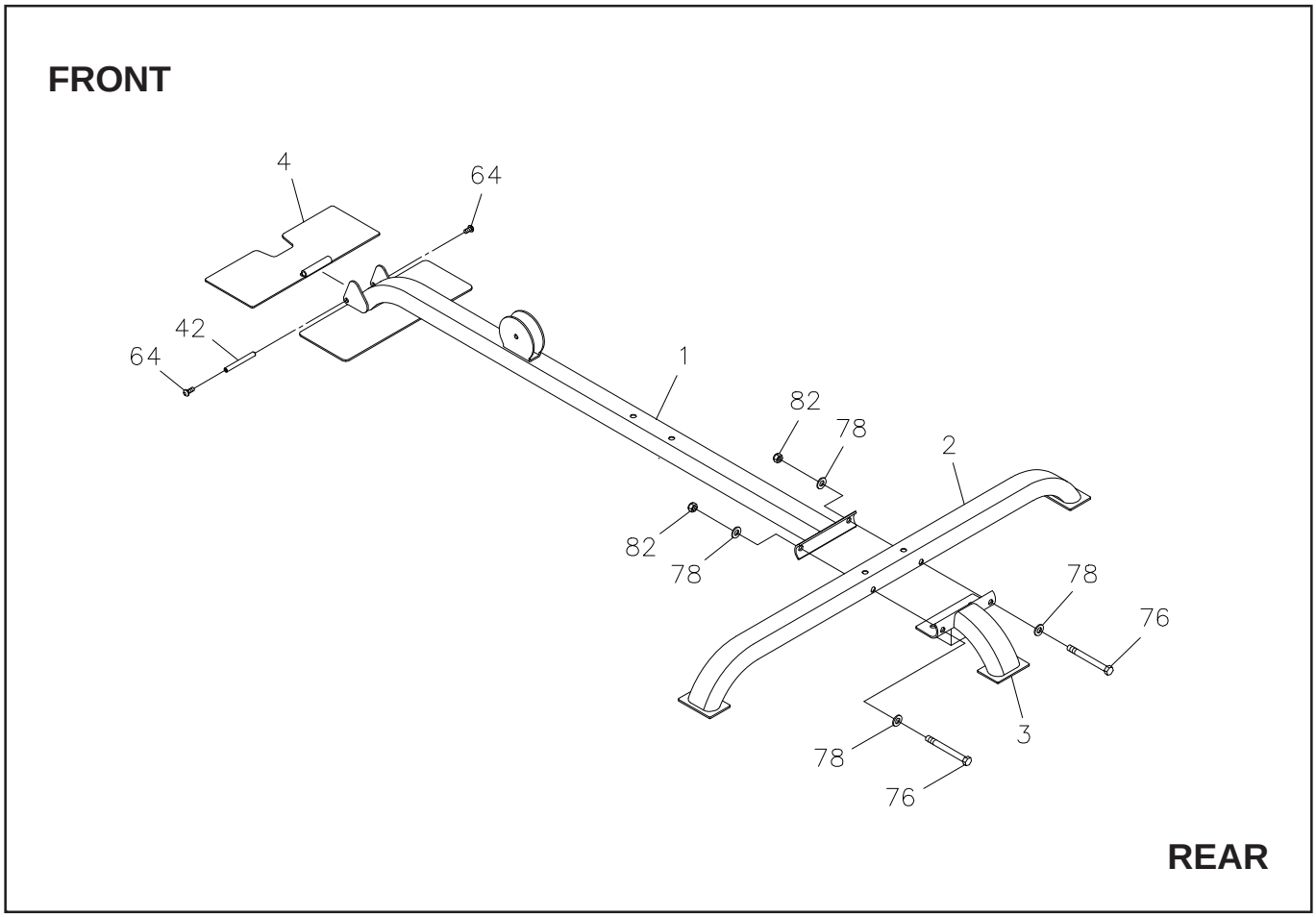
NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description		Qty
	64	Bolt, Button Head (M6 x 1 x 10mm)	2
	65	Bolt, Socket Head (M6 x 1 x 20mm)	2
	67	Bolt, Hex Head (M10 x 1.5 x 25mm)	10
	71	Bolt, Hex Head (M12 x 1.75 x 20mm)	6
	68	Bolt, Hex Head (M10 x 1.5 x 50mm)	4
	69	Bolt, Hex Head (M10 x 1.5 x 70mm)	1
	70	Bolt, Hex Head (M10 x 1.5 x 95mm)	3
	72	Bolt, Hex Head (M12 x 1.75 x 70mm)	5
	73	Bolt, Hex Head (M12 x 1.75 x 80mm)	7
	74	Bolt, Hex Head (M12 x 1.75 x 90mm)	2
	75	Bolt, Hex Head (M12 x 1.75 x 100mm)	4
	76	Bolt, Hex Head (M12 x 1.75 x 110mm)	2
	77	Bolt, Hex Head (M12 x 1.75 x 160mm)	2
	78	Arc Washer (M12)	4
	79	Large Washer (M12 x ø31mm)	4
	80	Washer (M12 x ø25mm)	45
	81	Washer (M10)	26
	82	Nylock Nut (M12 x1.75)	25
	83	Nylock Nut (M10 x1.5)	8

ASSEMBLY INSTRUCTIONS

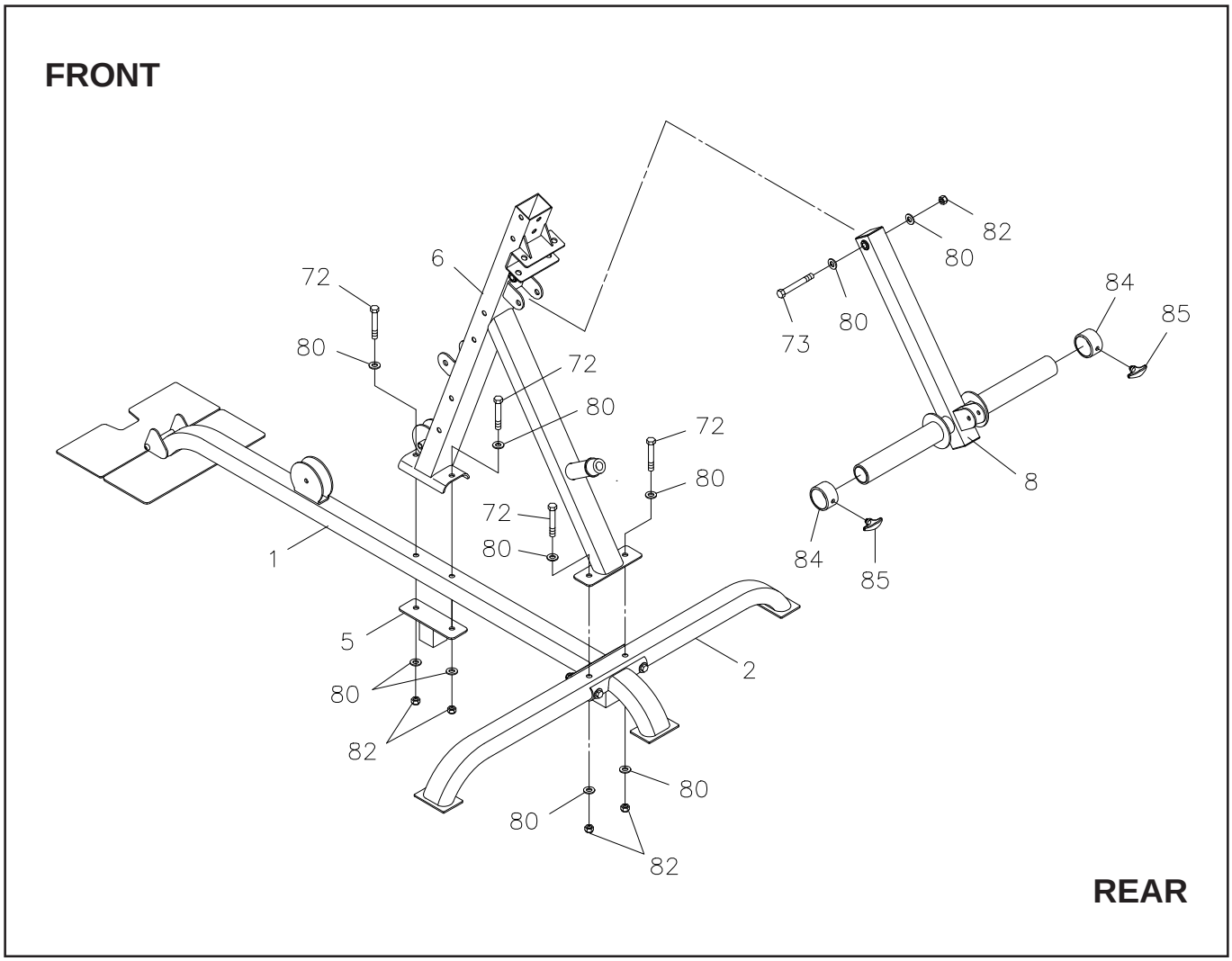
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at: **parts@staminaproducts.com**



STEP 1
Attach the **FOOT PLATE(4)** to the **BASE FRAME(1)** with the **SHAFT(42)** and **BUTTON HEAD BOLTS (M6x1x10mm)(64).**

STEP 2
Refer to the illustration. Bolt the **BASE FRAME(1), REAR STABILIZER(2),** and **REAR SUPPORT(3)** together with **HEX BOLTS(M12x1.75x110mm)(76), ARC WASHERS(M12)(78),** and **NYLOCK NUTS(M12x1.75)(82).** Do not tighten the bolts until **STEP 3.**

ASSEMBLY INSTRUCTIONS



STEP 3

Attach the **LOWER UPRIGHT(6)** to the **BASE FRAME(1)** with the **SUPPORT BRACKET(5), HEX BOLTS (M12x1.75x70mm)(72), WASHERS(M12)(80),** and **NYLOCK NUTS(M12x1.75)(82).** Do not tighten the bolts. Attach the **LOW UPRIGHT(6)** to the **REAR STABILIZER(2)** with **HEX BOLTS(M12x1.75x70mm)(72), WASHERS(M12)(80),** and **NYLOCK NUTS(M12x1.75)(82).** Tighten all bolts, including the bolts for STEP 2.

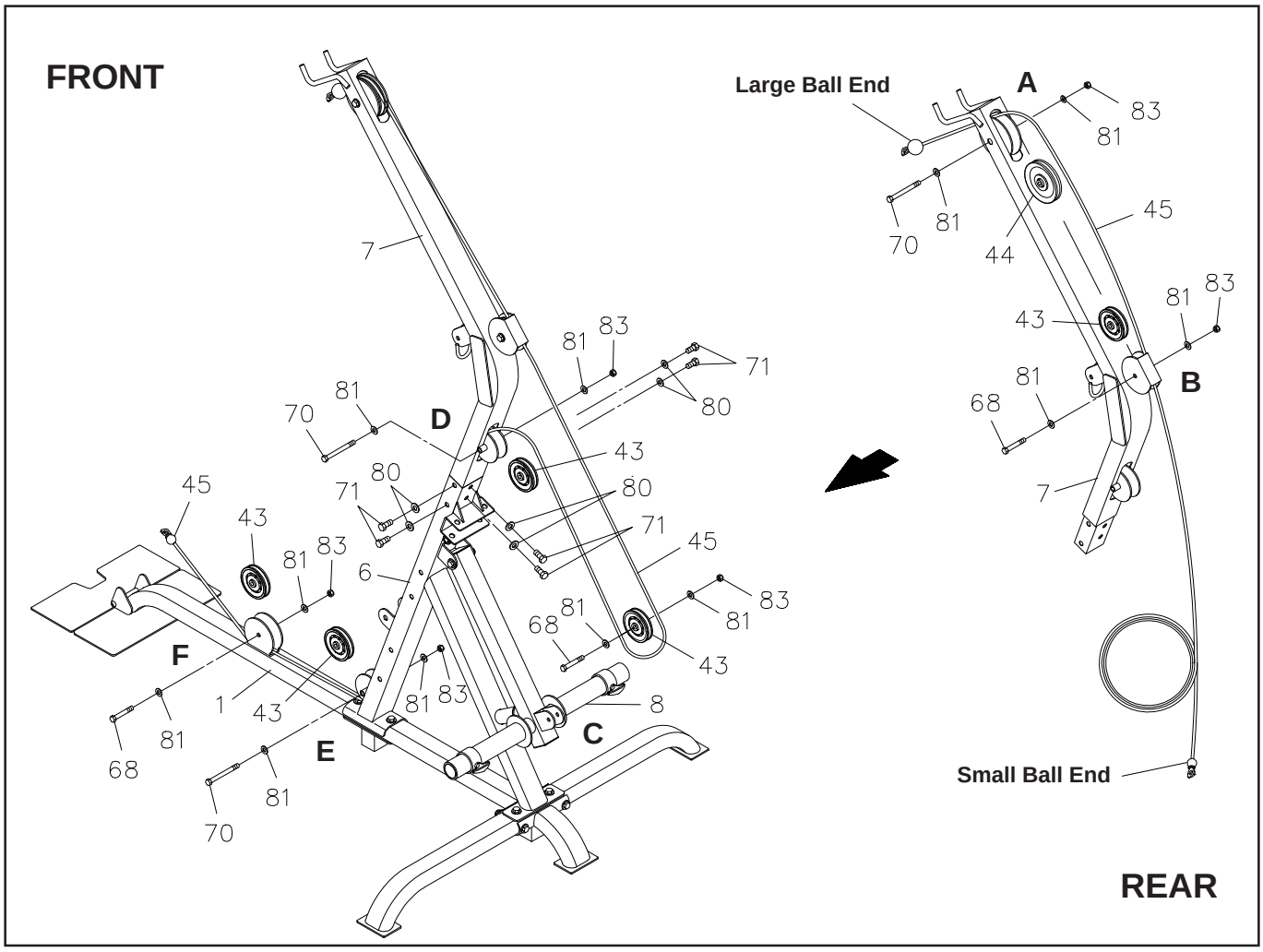
STEP 4

Attach the **LEVER ARM(8)** to the **LOWER UPRIGHT(6)** with **HEX BOLT(M12x1.75x80mm)(73), WASHERS (M12)(80),** and **NYLOCK NUT(M12x1.75)(82).** Do not over tighten the bolt, as the **LEVER ARM(8)** must be able to pivot smoothly.

STEP 5

Slide the **WEIGHT COLLARS(84)** onto both sides of the **LEVER ARM(8)** and lock in position with the **LOCKING KNOBS(85).**

ASSEMBLY INSTRUCTIONS



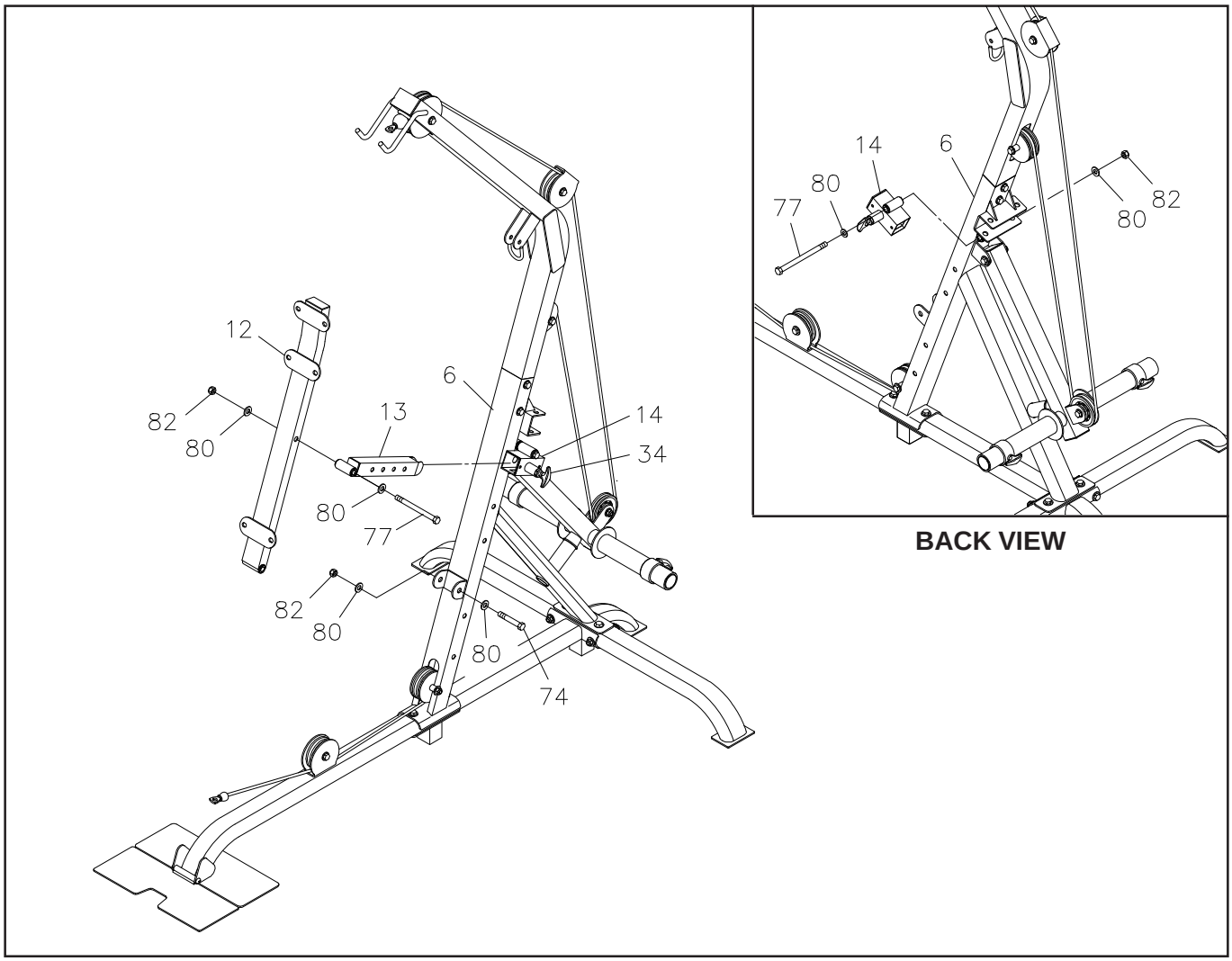
STEP 6: Run the **SMALL BALL END** of the **CABLE(45)** through the slot at the top end of the **UPRIGHT(7).** Attach the **CABLE(45)** to the **UPRIGHT(7)** at **"A"** with the **LARGE PULLEY(44),** a **HEX BOLT (M10x1.5x95mm)(70),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5)(83).**
Run the **CABLE(45)** through the pulley bracket on the **UPRIGHT(7)** at **"B".** Attach the **CABLE(45)** to the pulley bracket with a **PULLEY(43),** a **HEX BOLT(M10x1.5x50mm)(68),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5)(83).**

NOTE: Do not over tighten **HEX BOLTS(68, 70)** as **PULLEYS(43, 44)** must rotate freely after **HEX BOLTS (68, 70)** are tightened.

STEP 7: Insert the **UPRIGHT(7)** into the **LOWER UPRIGHT(6).** Do not attach the bolts yet. Attach the **CABLE(45)** to the pulley bracket on the **LEVER ARM(8)** at **"C"** with a **PULLEY(43),** a **HEX BOLT (M10x1.5x50mm)(68),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5)(83).**
Run the **CABLE(45)** through the **UPRIGHT(7)** and **LOWER UPRIGHT(6).** Attach the **CABLE(45)** to the pulley bracket at **"D"** with a **PULLEY(43),** a **HEX BOLT(M10x1.5x95mm)(70),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5)(83).** Repeat at position **"E".**
Attach the **CABLE(45)** to the Bracket at **"F"** with a **PULLEY(43),** a **HEX BOLT(M10x1.5x50mm)(68),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5)(83).**

STEP 8: Secure the **UPRIGHT(7)** to the **LOWER UPRIGHT(6)** with **HEX BOLTS(M12x1.75x20mm)(71)** and **WASHERS(M12)(80).**

ASSEMBLY INSTRUCTIONS



BACK VIEW

STEP 9

Refer to the inset drawing. Attach the **SLIDER SUPPORT(14)** to the **LOWER UPRIGHT(6)** with **HEX BOLT (M12x1.75x160mm)(77), WASHERS(M12)(80),** and **NYLOCK NUT(M12x1.75)(82).** Do not over tighten the bolt, as the **SLIDER SUPPORT(14)** must be able to pivot smoothly.

STEP 10

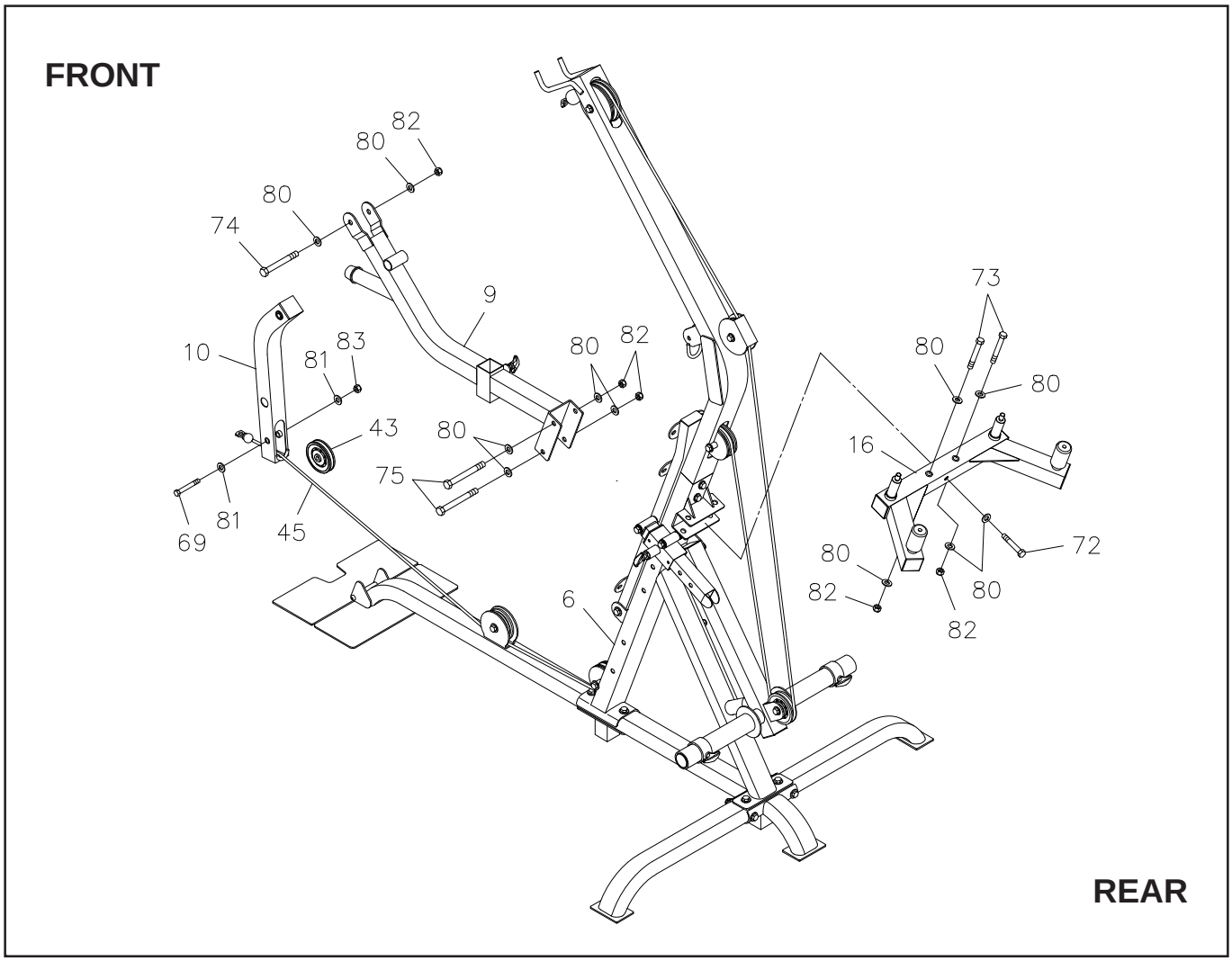
Pull the **SPRING PIN(34)** on the **SLIDER SUPPORT(14)**. Then insert the **ADJUSTMENT BAR(13)** into the **SLIDER SUPPORT(14)** and lock in the top adjustment hole with the **SPRING PIN(34).**

STEP 11

NOTE: Do not over tighten the **BOLTS(74, 77),** as the **BACK SUPPORT(12)** must be able to pivot smoothly.

Attach the **BACK SUPPORT(12)** to the **LOWER UPRIGHT(6)** with **HEX BOLT(M12x1.75x90mm)(74), WASHERS(M12)(80),** and **NYLOCK NUT(M12x1.75)(82).** Attach the **BACK SUPPORT(12)** to the **ADJUSTMENT BAR(13)** with **HEX BOLT(M12x1.75x160mm)(77), WASHERS(M12)(80),** and **NYLOCK NUT(M12x1.75)(82).**

ASSEMBLY INSTRUCTIONS



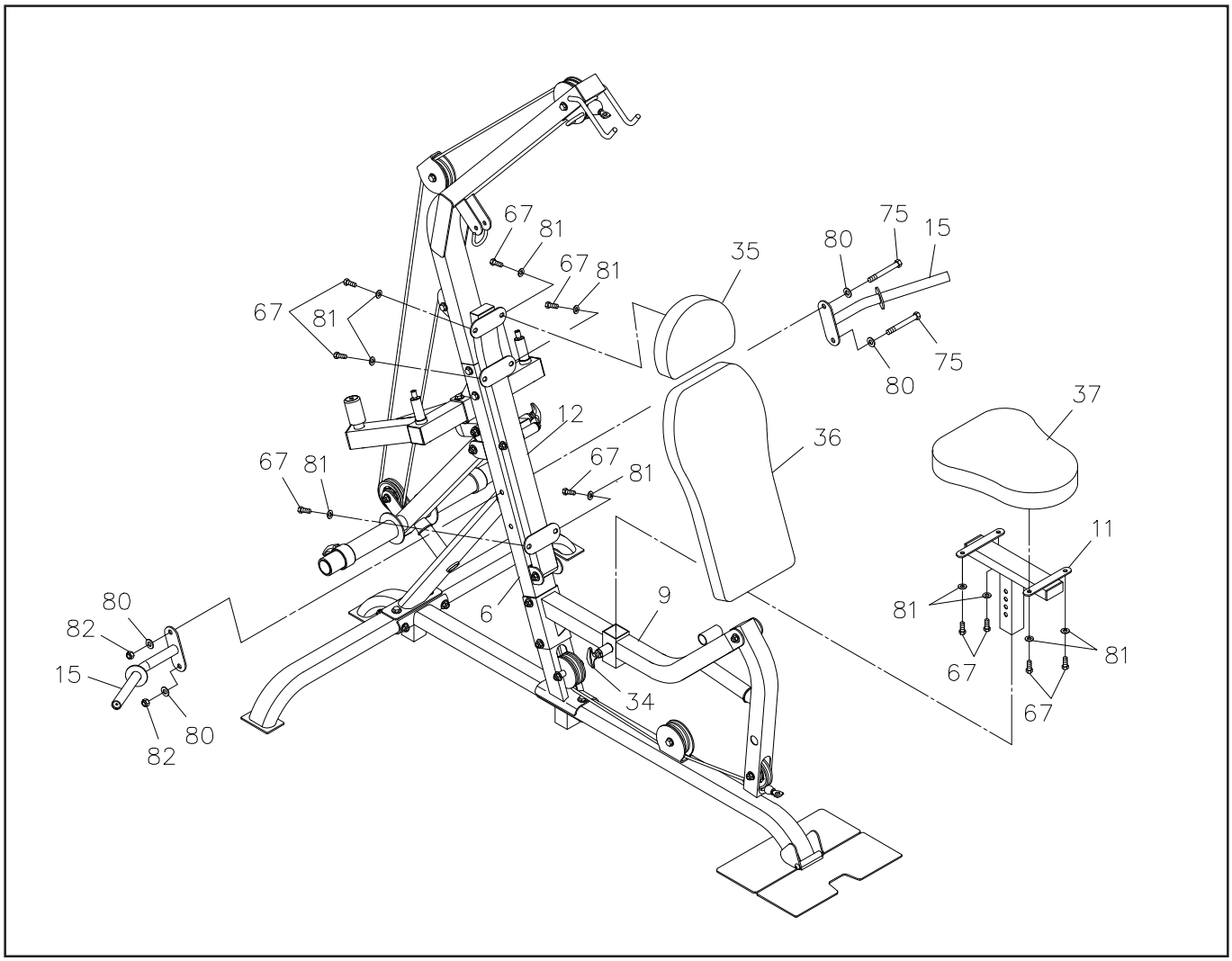
STEP 12
Attach the **SEAT FRAME(9)** to the **LOWER UPRIGHT(6)** with **HEX BOLTS(M12x1.75x100mm)(75), WASHERS(M12)(80),** and **NYLOCK NUTS(M12x1.75)(82).**

STEP 13
Attach the **LEG LIFT(10)** to the **SEAT FRAME(9)** with **HEX BOLT(M12x1.75x90mm)(74), WASHERS (M12)(80),** and **NYLOCK NUT(M12x1.75)(82).**

STEP 14
Run the **CABLE(45)** through the slot in the **LEG LIFT(10).** Attach the **CABLE(45)** to the **LEG LIFT(10)** with a **PULLEY(43),** a **BOLT(M10x1.5x60mm)(69),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5) (83).**

STEP 15
Refer to the illustration. Attach the **ARM BRACE(16)** to the **LOWER UPRIGHT(6)** with two **HEX BOLTS(M12x1.75x80mm)(73),** a **HEX BOLT(M12x1.75x70mm)(72), WASHERS(M12)(80),** and **NYLOCK NUTS(M12x1.75)(82).**

ASSEMBLY INSTRUCTIONS



STEP 16

Attach the **FOAM SUPPORTS(15)** to both sides of the **LOWER UPRIGHT(6)** with **HEX BOLTS (M12x1.75x100mm)(75), WASHERS(M12)(80),** and **NYLOCK NUTS(M12x1.75)(82).**

STEP 17

Attach the **HEAD REST(35)** and **BACK CUSHION(36)** to the **BACK SUPPORT(12)** with **HEX BOLTS (M10x1.5x25mm)(67)** and **WASHERS(M10)(81).**

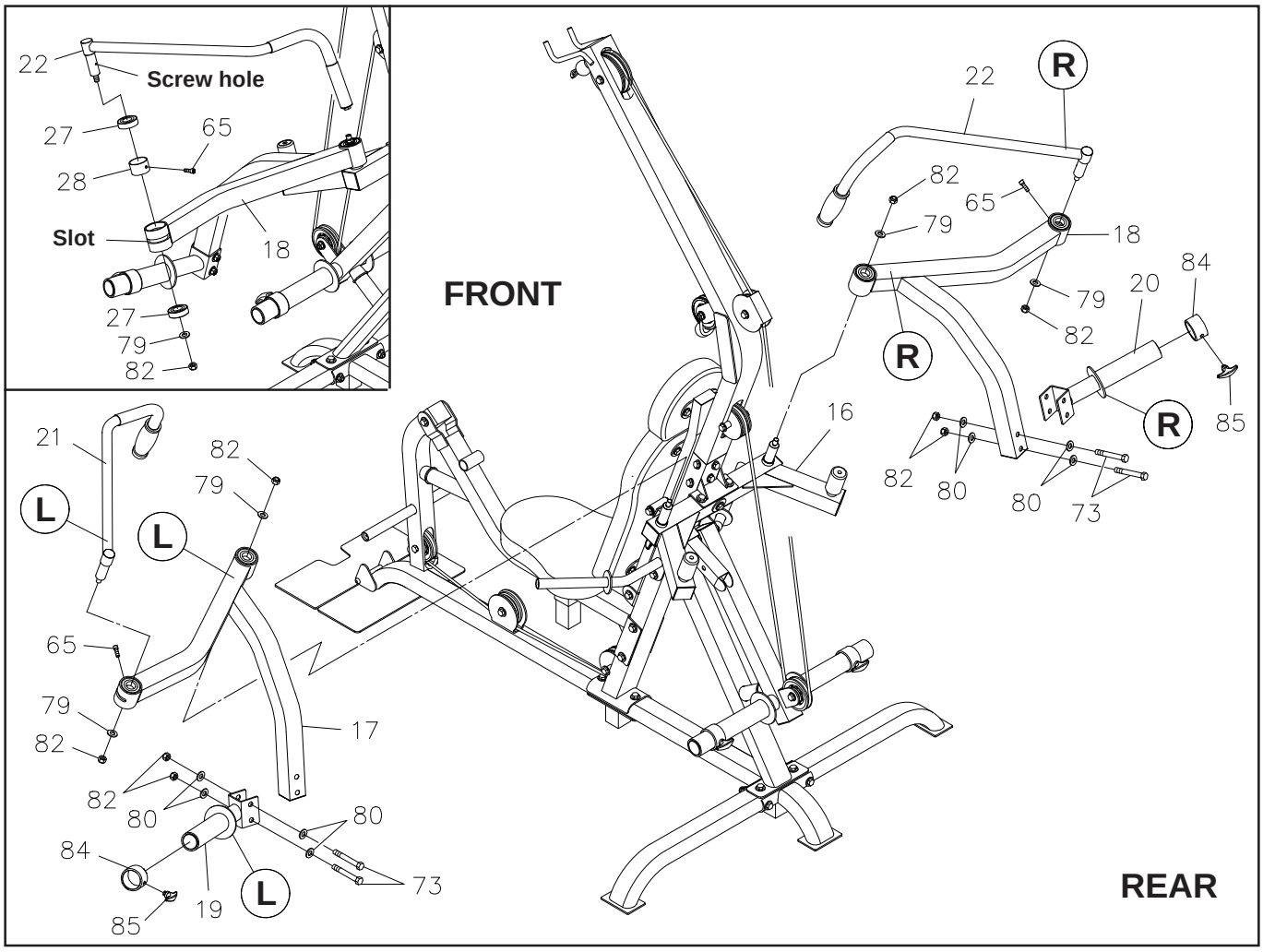
STEP 18

Attach the **SEAT CUSHION(37)** to the **SEAT POST(11)** with **HEX BOLTS(M10x1.5x25mm)(67)** and **WASHERS(M10)(81).**

Pull the **SPRING PIN(34)** on the **SEAT FRAME(9).** Then insert the **SEAT POST(11)** into the **SEAT FRAME(9)** and lock it in one of the adjustment hole with the **SPRING PIN(34).**

NOTE: There are four adjustment holes on the **SEAT POST(11)** for adjusting the height of the **SEAT CUSHION(37).**

ASSEMBLY INSTRUCTIONS



STEP 19: There is an **"L"** decal on the **LEFT LEVERAGE ARM(17),** and an **"R"** decal on the **RIGHT LEVERAGE ARM(18).** Slide the **RIGHT LEVERAGE ARM(18)** onto the shaft at right side of the **ARM BRACE(16)** and secure with **LARGE WASHER(M12xø31mm)(79)** and **NYLOCK NUT(M12x1.75)(82).**

STEP 20: Attach the **RIGHT WEIGHT BAR(20)** to the **RIGHT LEVERAGE ARM(18)** with **HEX BOLTS (M12x1.75x80mm)(73), WASHERS(M12)(80),** and **NYLOCK NUTS(M12x1.75)(82).** Slide the **WEIGHT COLLAR(84)** onto the **RIGHT WEIGHT BAR(20)** and lock in position with the **LOCKING KNOB(85).**
NOTE: When installing the **RIGHT WEIGHT BAR(20),** be sure they angle up and toward rear of the machine.

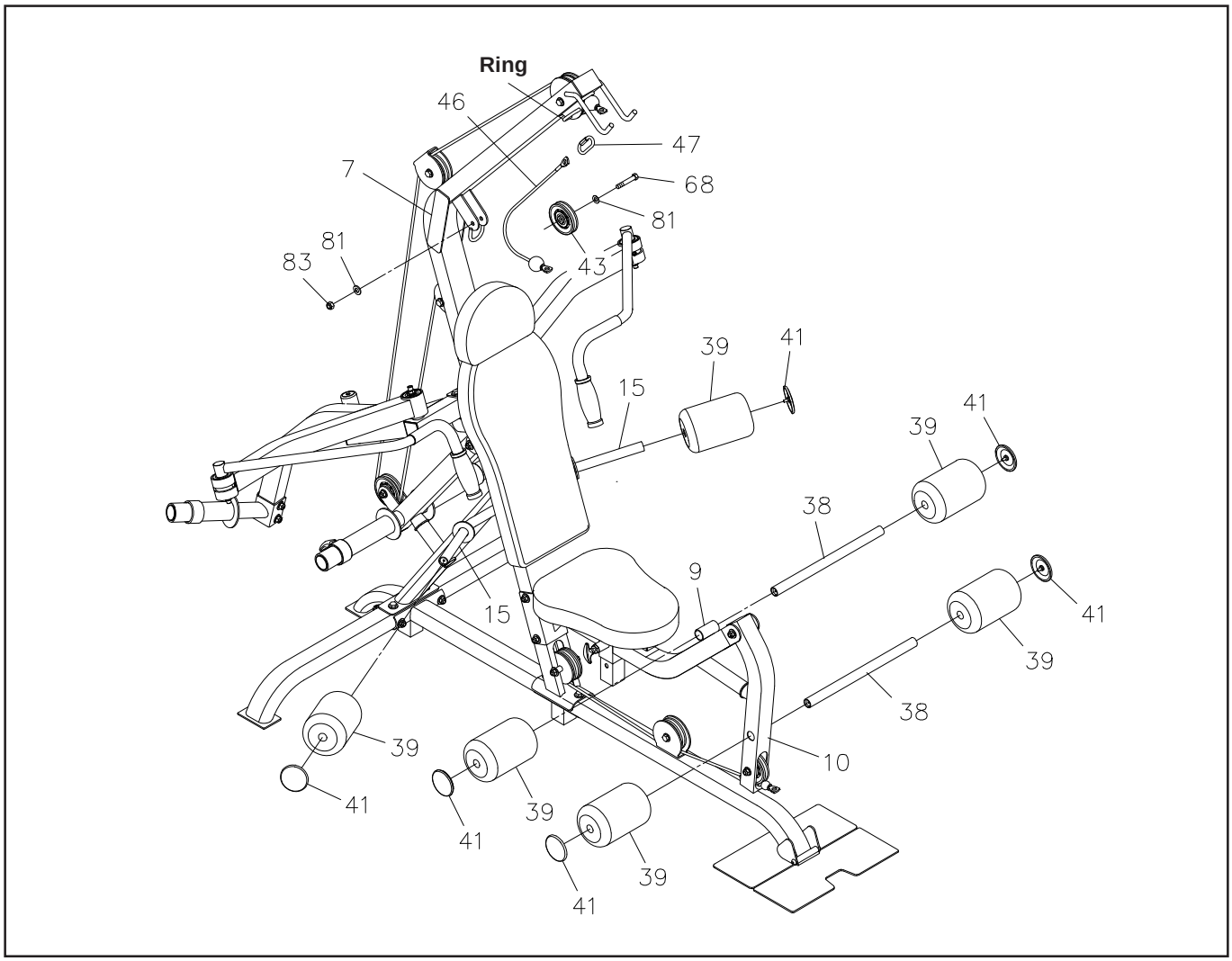
STEP 21

NOTE: The inset drawing in the above illustration shows detailed assembly of the **RIGHT HANDLEBAR(22)** pivot. For instructional purposes the **BEARING(27)** and the **BEARING SPACER(28)** are shown unassembled in the illustration; however, your Viper arrives with these parts preassembled. Turn the **BEARING SPACER(28)** until you can see the hole inside the slot in the **RIGHT LEVERAGE ARM(18).** Now you are ready to assemble the **LEFT** and **RIGHT HANDLEBARS(21, 22).** Do not overtighten.

Verify the location of the screw hole in the **RIGHT HANDLEBAR(22).** Insert the shaft on the **RIGHT HANDLEBAR(22)** into the **RIGHT LEVERAGE ARM(18).** Align the hole in the **BEARING SPACER(28)** and the screw hole in the **RIGHT HANDLEBAR(22).** Then bolt the **SOCKET HEAD BOLT(M6x1x20mm)(65)** onto the **RIGHT HANDLEBAR(22).** Secure the **RIGHT HANDLEBAR(22)** to the **RIGHT LEVERAGE ARM(18)** with **LARGE WASHER(M12xø31mm)(79)** and **NYLOCK NUT(M12x1.75)(82).**

Repeat the above assemblies for left side.

ASSEMBLY INSTRUCTIONS



STEP 22

Slide a **FOAM ROLLER(39)** onto a **SUPPORT TUBE(38)** and screw a **SECURING CAP(41)** onto the end of the **SUPPORT TUBE(38).** Insert the other end of the **SUPPORT TUBE(38)** through the hole in the **LEG LIFT(10).** Slide another **FOAM ROLLER(39)** over the protruding end of the **SUPPORT TUBE(38)** and screw a **SECURING CAP(41)** onto the end of the **SUPPORT TUBE(38).** Repeat to assemble the **FOAM ROLLERS(39)** into the hole in the **SEAT FRAME(9).**

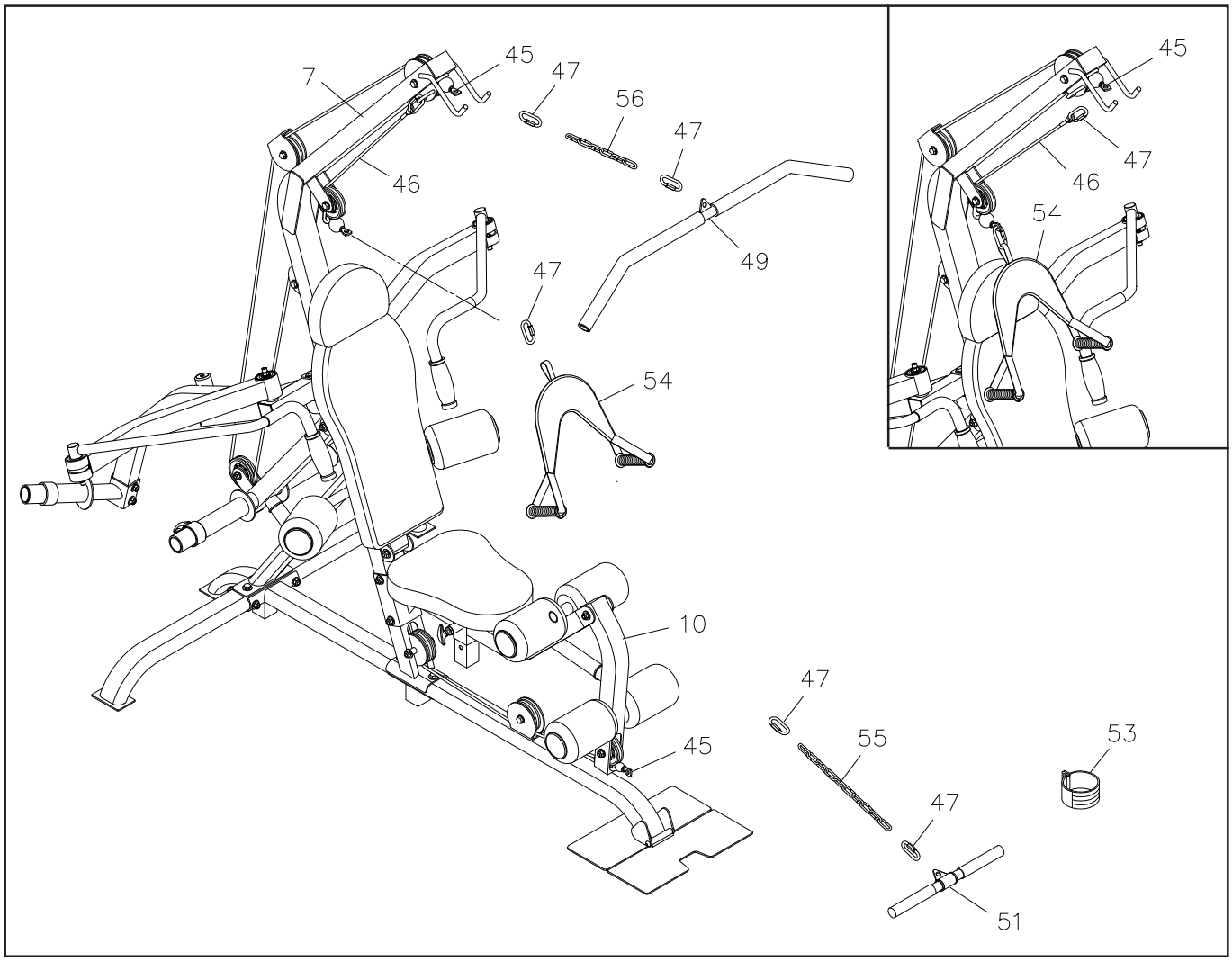
STEP 23

Slide a **FOAM ROLLER(39)** onto each **FOAM SUPPORT(15)** on both sides. Screw a **SECURING CAP(41)** onto the end of the **FOAM SUPPORT(15).**

STEP 24

Attach the **SHORT CABLE(46)** to the pulley bracket on the **UPRIGHT(7)** with a **PULLEY(43),** a **BOLT (M10x1.5x50mm)(68),** two **WASHERS(M10)(81),** and a **NYLOCK NUT(M10x1.5)(83).** Hook the eyelet end of the **SHORT CABLE(46)** to the ring on the **UPRIGHT(7)** with a **QUICK LINK(47).**

SETTING UP THE ACCESSORIES



LAT BAR(49)

Attach the **LAT BAR(49)** to the **CABLE(45)** with a **QUICK LINK(47).** For some exercises, the **SHORT CHAIN(56)** or **LONG CHAIN(55)** should be attached between the **LAT BAR(49)** and the **CABLE(45)** with two **QUICK LINKS(47).**

STRAIGHT BAR HANDLE(51), ANKLE CUFF(53)

The **STRAIGHT BAR HANDLE(51)** and **ANKLE CUFF(53)** can be attached to the ball end of the **CABLE(45)** at the bottom of the **LEG LIFT(10)** with two **QUICK LINKS(47)** and one of the **CHAINS(55, 56).**

NOTE: Adjust the length of the **CHAINS(55, 56)** between the **ACCESSORY** and the **CABLE.** Have the **ACCESSORY** in the correct starting position for exercise to be performed.

AB CURL STRAP(54)

Attach the **AB CURL STRAP(54)** to the ball end of the **SHORT CABLE(46)** with a **QUICK LINK(47).**
To use the **AB CURL STRAP(54),** connect the eyelet end of the **SHORT CABLE(46)** to the **CABLE(45)** with the **QUICK LINK(47).** Refer to the inset drawing.

STORAGE

To store the **VG1500™ Leverage System** simply keep it in a clean dry place.

MAINTENANCE

The safety and integrity designed into the **VG1500™ Leverage System** can only be maintained when the **VG1500™ Leverage System** is regularly examined for damage and wear. Special attention should be given to the following:

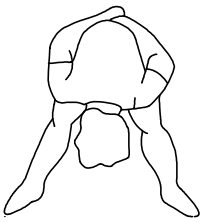
1. Verify that the warning and notice labels are in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement label if labels are missing or damaged.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Worn or damaged components shall be replaced immediately and the **VG1500™ Leverage System** removed from service until repair is made.
4. Verify that the cables are properly installed on all pulleys.
5. Check the condition of the cables. Replace the cables if the coatings are cracked or broken.
6. Check the pulleys for excessive wear. Replace worn pulleys.
7. Only Stamina Products supplied components shall be used to maintain/repair the **VG1500™ Leverage System.**
8. Keep your **VG1500™ Leverage System** clean by wiping with an absorbent cloth after use.

WARM-UP and COOL-DOWN

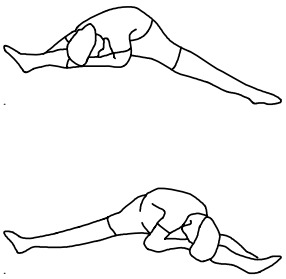
Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

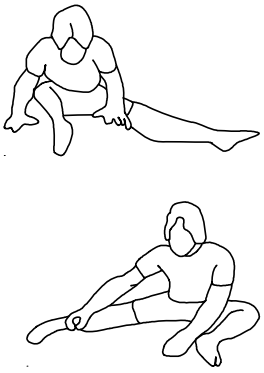
Suggested Stretching Exercises



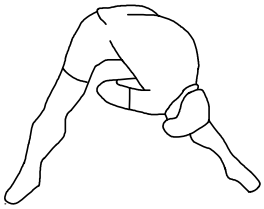
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

MODEL 50-3000

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

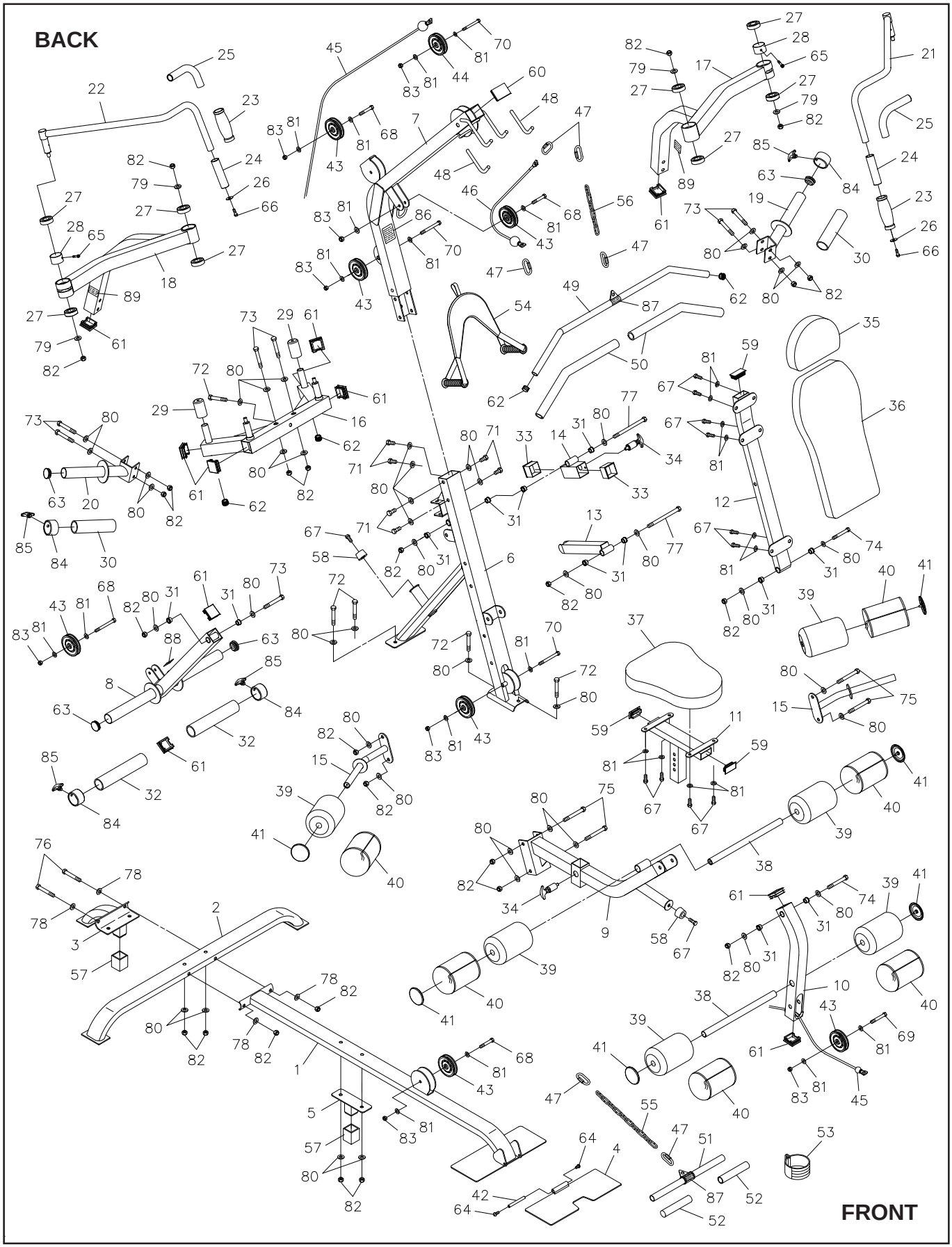
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Base Frame	1
2	Rear Stabilizer	1
3	Rear Support	1
4	Foot Plate	1
5	Support Bracket	1
6	Lower Upright	1
7	Upright	1
8	Lever Arm	1
9	Seat Frame	1
10	Leg Lift	1
11	Seat Post	1
12	Back Support	1
13	Adjustment bar	1
14	Slider Support	1
15	Foam Support	2
16	Arm Brace	1
17	Left Leverage Arm	1
18	Right Leverage Arm	1
19	Left Weight Bar	1
20	Right Weight Bar	1
21	Left Handlebar	1
22	Right Handlebar	1
23	Handlebar Hand Grip	2
24	Sleeve	2
25	Handlebar Foam Grip	2
26	Large Washer (ø10.5 x ø28 x 2mm thick)	2
27	Bearing	8
28	Bearing Spacer	2
29	Stopper	2
30	Cover Tube (ø42 x ø50 x 180mm)	2
31	Bushing	12
32	Cover Tube (ø42 x ø50 x 250mm)	2
33	Square Sleeve	2
34	Spring Pin	2
35	Head Rest	1
36	Back Cushion	1
37	Seat Cushion	1
38	Support Tube	2
39	Foam Roller	6
40	Foam Roller Wear Cover	6
41	Securing Cap	6
42	Shaft	1
43	Pulley (dia. 90mm, width 26mm)	7
44	Large Pulley (dia. 116mm, width 26mm)	1
45	Cable	1
46	Short Cable	1
47	Quick Link	6

PARTS LIST

DIAGRAM#	PART NAME	QTY
48	Hook Sleeve	2
49	Lat Bar	1
50	Foam Grip	2
51	Straight Bar Handle	1
52	Hand Grip	2
53	Ankle Cuff	1
54	Ab Curl Strap	1
55	Long Chain (10 Links)	1
56	Short Chain (6 Links)	1
57	Stand	2
58	Bumper	2
59	Rectangular Plug (30mm x 60mm)	3
60	Rectangular Plug (50mm x 75mm)	1
61	Square Plug (50mm x 50mm)	10
62	Round Plug (25.4mm)	4
63	Round Plug (42mm)	4
64	Bolt, Button Head (M6 x 1 x 10mm)	2
65	Bolt, Socket Head (M6 x 1 x 20mm)	2
66	Bolt, Hex Head (M8 x 1.25 x 25mm)	2
67	Bolt, Hex Head (M10 x 1.5 x 25mm)	12
68	Bolt, Hex Head (M10 x 1.5 x 50mm)	4
69	Bolt, Hex Head (M10 x 1.5 x 70mm)	1
70	Bolt, Hex Head (M10 x 1.5 x 95mm)	3
71	Bolt, Hex Head (M12 x 1.75 x 20mm)	6
72	Bolt, Hex Head (M12 x 1.75 x 70mm)	5
73	Bolt, Hex Head (M12 x 1.75 x 80mm)	7
74	Bolt, Hex Head (M12 x 1.75 x 90mm)	2
75	Bolt, Hex Head (M12 x 1.75 x 100mm)	4
76	Bolt, Hex Head (M12 x 1.75 x 110mm)	2
77	Bolt, Hex Head (M12 x 1.75 x 160mm)	2
78	Arc Washer (M12)	4
79	Large Washer (M12 x ø31mm)	4
80	Washer (M12 x ø25mm)	45
81	Washer (M10 x ø23mm)	26
82	Nylock Nut (M12 x1.75)	25
83	Nylock Nut (M10 x1.5)	8
84	Weight Collar	4
85	Locking Knob	4
86	Warning Label	1
87	Lat Bar Warning Label	2
88	400 lbs Weight Limit Notice Decal	1
89	300 lbs Weight Limit Notice Decal	2
90	Allen Wrench (4mm)	2
91	Manual	1

NOTES

FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call **1 (800) 375-7520** (in the U.S.) from 7:30 A.M. to 5:00 P.M. Central Time, Monday through Thursday and 8:00 A.M. to 3:00 P.M. on Friday or fill out the fax sheet ordering form below and fax it to **(417) 889-8064.** Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

ONLINE
CUSTOMER SERVICE
parts@staminaproducts.com
cust-srvc@staminaproducts.com
www.staminaproducts.com

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

Detach and Mail or Fax the Form Below

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

IMPORTANT : We must have your phone number in order to process the order!

Phone #: ( ) _____ Work Phone #: ( ) _____

Date Purchased: _____

Model #: _____

Purchased From: _____

IMPORTANT : Before filling out the form below make sure you have the right information. Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1